



T*echnical*

Over 90% of the Reusable Solid Rocket Motor (RSRM) hardware used on Shuttle today will be transferred for use in the Ares Program on next generation vehicles.S

I*nformational*

MID-CAREER RETIREMENT TRAINING – This 1-day course will provide mid-career federal employees with information on building and managing your retirement benefits. Topics for the course include Thrift Savings Plan, changes in the cost of your FEGLI over time and FEHBP and its interaction with Medicare in retirement. The next course offering is scheduled for early December. Space is limited. For more information on course registration and future course dates, visit [SATERN](#).

P*ersonal*

20-second stress stopper:

1. Inhale through your nose to a count of 10. As you inhale, your upper abdomen should expand - not just your chest.
2. Exhale slowly and completely, to a count of 10.
3. Repeat five to ten times. *Mayo Clinic Health Solutions*